SEIKO

取扱説明書
INSTRUCTIONS

S611

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■ BUTTONS AND CHANGE OF DISPLAY

※ If the stopwatch mark "✦" is flashing in the display other than the stopwatch display, the stopwatch is in use.
※ If the inner mark "○" is flashing in the display other than the timer display, the timer is in use.
※ If the confirmation sound for button operation is set, the watch emits a brief sound when the display is changed. When the display is changed to the TIME/CALENDAR display, the watch emits a sound different from other button operations. (Refer to "HOW TO SET THE TIME and CALENDAR" regarding the confirmation sound for button operations.)

- The built-in illuminating light function can be operated by tapping the watch face:
  Tapping × one time: Turning on the built-in light
  Tapping × two times: Setting/canceling the auto illumination
  - Press Button Ⓒ to change the display to the TIME/CALENDAR display.

● With each pressing of Button Ⓐ, the display changes in the following order.

TIME/CALENDAR display → STOPWATCH display → MEMORY RECALL display → TIMER display → ALARM display → WORLD TIME display

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■ HOW TO SET THE TIME AND CALENDAR

(1) Buttons and operations
● Press Button Ⓐ to show the TIME/CALENDAR display.

| Button Ⓐ : Change to TIME/CALENDAR display |
| Button Ⓑ (long press): Change to TIME/CALENDAR SETTING display |
| Button Ⓒ : Selection of city name, adjusting items or digits (moving back or decreased) |
| Button Ⓓ : Engagement/disengagement of hourly time signal, adjusting items or digits (advancing or increasing) |
| Button Ⓔ : No function |
| WORLD TIME display/selection of the item or digit to be adjusted |
| Tapping × one time: Turning on the built-in light |
| Tapping × two times: Setting/canceling the auto illumination |

(2) How to set the time and calendar
① Long press Button Ⓑ to show the TIME/CALENDAR SETTING display. The city name currently set starts flashing.
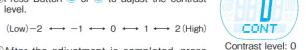② Press Button Ⓔ to select the item to be adjusted (flashing).
③ Once the year, month and date have been set, the day of the week is automatically set.
④ If the city name is set to GMT, on ("on") /off ("--") mark of DST is not displayed.
⑤ If the "DST (summer time)" is set to "on", the "DST" mark is displayed and the time advances for one hour.

With each pressing of Button Ⓔ, the display changes in the following order.

City name → DST(summer time) "on"/ → second → minute → hour → date → month → year → 12/24H → Contrast level adjustment → Power save setting → Tap sensitivity adjustment

③ To reset the seconds to "00," press Button Ⓒ to select the second digits (flashing), and then press Button Ⓑ or Ⓔ in accordance with a time signal.
・ If Button Ⓑ or Ⓔ is pressed while the second digits count any number between "30" and "59," one minute is added and the second digits are immediately reset to "00."
※ The telephone time signal service (Tel. 117) is convenient to set the time.

④ After selecting the item to be adjusted, press Button Ⓑ or Ⓔ to set the digits. With each pressing of Button Ⓒ, one digit is increased or the city name advances one by one. (With each pressing of Button Ⓑ, one digit is decreased or the city name moves back one by one.) (Except "second," "12H/24H," and "DST")

⑤ After all adjustments are completed, press Button Ⓐ to return to the TIME/CALENDAR display. If the watch is left untouched with the digits flashing, the display will automatically return to the TIME/CALENDAR display in two to three minutes.

※ Because the year, month, date, and day from 2014 to 2063 have been programmed in the automatic calendar, in this period, it is not necessary to manually adjust odd and even months including February of leap years.
※ If summer time is set in the TIME/CALENDAR display and the same city is selected in the WORLD TIME display, the summer time will also be shown in the WORLD TIME display.
※ If all indications of the display light while in the TIME/CALENDAR SETTING display, it is not a malfunction. This happens if buttons Ⓒ and Ⓓ are pressed at the same time. In such a case, press any one of buttons to return to the TIME/CALENDAR display, and then, follow the above procedures from step ① of (2) to set the time and calendar.

(3) How to adjust the contrast level
・ The contrast level of the display (variations of shading) can be adjusted. When the digital display is initialized or the built-in IC is reset, the contrast is reset to the default level "0."
① Press Button Ⓑ to show the TIME/CALENDAR SETTING display.
② Long press Button Ⓐ to show the TIME/CALENDAR SETTING display. The city name currently set starts flashing.
③ Press Button Ⓔ to select "Contrast."
④ Press Button Ⓑ or Ⓒ to adjust the contrast level.
  (Low) −2 −1 → 0 ←→ 1 ←→ 2 (High)
④ After the adjustment is completed, press Button Ⓐ to return to the TIME/CALENDAR display.
  If the watch is left untouched with the digits flashing, the display will automatically return to the TIME/CALENDAR display in two to three minutes.

(4) How to adjust the POWER SAVE setting
① Press Button Ⓑ to show the TIME/CALENDAR display.
② Long press Button Ⓐ to show the TIME/CALENDAR SETTING display. The city name currently set starts flashing.
③ Press Button Ⓔ to select the OFF or set time. The factory default setting is OFF.
  OFF ←→ 1H ←→ 3H ←→ 6H ←→ 12H
※ The POWER SAVE function turns off the display to save consumption power while no button operation is performed for the predetermined time. To recover the display, press any button to recover the display before turning on.
④ After the adjustment is completed, press Button Ⓐ to return to the TIME/CALENDAR display.

(5) How to adjust the tap sensitivity
・ Adjust the tap sensitivity.
① Press Button Ⓑ to show the TIME/CALENDAR display.
② Long press Button Ⓐ to show the TIME/CALENDAR SETTING display. The city name currently set starts flashing.
③ Press Button Ⓔ to show the TAP SENSITIVITY SETTING display. Sensitivity Low Sensitivity High
④ If tapping does not turn on the light easily, select Sensitivity High.

(6) How to test the alarm sound and how to engage/disengage the hourly time signal and confirmation sound for button operations
・ With each pressing of Button Ⓓ in the TIME/CALENDAR display, the hourly time signal and confirmation sound for button operations can be engaged or disengaged.
・ The alarm sound can be heard by pressing and holding Button Ⓒ and Ⓓ at the same time.

■ FEATURES

This is a runner's watch that can store up to 300 units of measured memory and can recall data on demand.
Data within 300 units of memory can be sorted by channel when being stored. The results measured by the stopwatch function can be recalled, and when results are recalled, the best lap time and average lap time can be also displayed.
This watch is equipped with a target timer function. The target timer is a countdown timer that works in conjunction with the stopwatch operation, and is displayed together with the stopwatch.
Also, the watch employs a tapping method for switching the light; a slight tap on the watch face turns on the light.
In addition, this watch is equipped with a 3-channel alarm function, timer function, and world time function which can display the time of 44 cities (including GMT) throughout the world.

TIME/CALENDAR
・ Month, date, day, hour, minute, second, and summer time mark can be displayed. Either of a 12-hour indication or a 24-hour indication of time display can be selected. (The western calendar year is displayed only when adjustments are made.)
・ The calendar automatically adjusts for odd and even months including February of leap years from January 1, 2014 to December 31, 2063 (Automatic calendar).

STOPWATCH
・ The stopwatch can measure up to 99 hours 59 minutes 59 seconds 99 in 1/100 second increments.
・ Up to 300 units of lap time and split time memory can be stored.
・ Up to 300 units of memory can be sorted by channel when being stored.
・ The display positions can be changed over between lap time and split time.
・ Equipped with a target timer function that works in conjunction with the stopwatch operation.
・ The current time is constantly displayed even when the stopwatch is working.

MEMORY RECALL
・ The stored data (lap number, lap time, and split time) can be recalled on demand after the measurement.
・ The total time, best lap, and average lap can be displayed.

TIMER
・ The watch is equipped with a double repeat timer function which allows you to set two different timer times.
・ The timer can be set from 10 seconds up to 99 hours, 59 minutes in one-second increments.
・ The number of times that the timers repeat their cycles can be set from 1 to 100 times. The number of times the countdown has been completed is displayed.

ALARM
・ The three-channel daily alarm sounds at a designated time (hour and minute) every 24 hours.
・ Each alarm channel can be engaged ("on") or disengaged ("--") independently.

WORLD TIME
・ The time of 44 cities (including GMT) throughout the world can be displayed.
・ The summer time (DST) can also be set for each city (except GMT).

THE BUILT-IN ILLUMINATING LIGHT (LED) FUNCTION/TAP INPUT FUNCTION
・ Tapping the watch face once illuminates the display for approximately 4 seconds.
・ Tapping the watch face two times sets/cancels the auto illumination function.
・ The auto illumination function is a function to simultaneously perform the pressed function and illuminate the display.

[Function to change the display to the TIME/CALENDAR display]
・ A special function is provided to change any display to the TIME/CALENDAR display.

■ HOW TO USE THE STOPWATCH

・ The stopwatch can measure up to 99 hours 59 minutes 59 seconds 99 in 1/100 second increments.
・ Lap time "LP" and split time "SP" can be displayed simultaneously. The memory of best lap time and average lap time can be sorted.
・ Up to 300 units of memory can be sorted.
・ Data within 300 units of memory can be sorted by channel when being stored.
・ Lap/split time, best lap time, and average lap time can be recalled on the display.

(1) Buttons and operations
● Press Button Ⓐ to show the STOPWATCH display.

| Button Ⓐ : Change to the STOPWATCH display |
| Button Ⓑ : Change over the display positions between lap time and split time |
| Button Ⓒ : Start/Stop |
| Button Ⓓ : Change to the TIME/CALENDAR display |
| Button Ⓔ : Lap, Split/Reset |
| Tapping × one time: Turning on the built-in light |
| Tapping × two times: Setting/canceling the auto illumination |

"Lap time" is the time that has elapsed from the start of one stage of an activity to that of the next stage. "Split time" is the time that has elapsed from the start of an activity to any given stage.

Start
Lap time
Split time

● About memory

	How to measure time	Units of memory used for storing 1 time data
1	Start → Stop → Reset	3 to 4 units of memory
2	Start → Stop/Restart → Stop → Reset	3 to 4 units of memory
3	Start → Lap/Split → Stop → Reset	4 to 5 units of memory
4	Start → Stop/Restart → Lap/Split → Stop → Reset	4 to 5 units of memory
5	Start → Lap/Split → Lap/Split → Stop → Reset	4 to 5 units of memory

※ Due to the function displaying the best lap time and average lap time, it takes at least three units of memory to store 1 time data.
If you store data only in one channel, you can use 300 units of memory per channel. If you use more than one channel, the units of memory you can use will be less than 300 units of memory in total.
For example, if the measured time data are stored in one channel, 300 units of memory can be used, but if data is divided and stored in 2 channels, 297 units of memory can be used in total.
※ When the lap/split time is measured, if the "FULL" and the lap number alternately flash, the lap/split time cannot be stored. This indicates that the memory is full.
※ If "F---" is displayed on the bottom row when the stopwatch function is used, the memory of lap/split time cannot be stored. (See "How to use the memory recall function" and delete unnecessary data.)

(2) How to display the measured time
● Each time Button Ⓑ is pressed, the display positions are changed over between "LP" time and "SP" time.

Button Ⓑ

The bottom row constantly displays the current time.
※ When the target timer is used, either LP or SP is displayed.
※ When the time exceeds one hour, the LP/ SP display section on the left side shows hours.

(3) How to use the stopwatch (Standard measurement)

| Button Ⓒ | Button Ⓒ | Button Ⓒ | Button Ⓒ | Button Ⓔ |
| Start | Stop | Restart | Stop | Reset |

・ If "F-300" is displayed, it means that 300 units of memory can be used.
・ After starting the stopwatch, "F-300" changes to "L-1."
※ Restart" and "Stop" can be repeated as many times as necessary.
※ If the stopwatch mark "✦" is flashing in the display other than the stopwatch display, the stopwatch is in use.

(4) Lap time/split time measurement (if lap time measurement is repeated 10 times)

| Button Ⓒ | Button Ⓔ | Button Ⓔ | Button Ⓔ | Button Ⓒ | Button Ⓔ |
| Start | Lap/Split | Lap/Split | Lap/Split | Stop | Reset |

・ If "F-300" is displayed, it means that 300 units of memory can be used.
・ After starting the stopwatch, "F-300" changes to "L-1."
※ After measuring lap time/split time, the STOPWATCH display is stopped for approximately 10 seconds, during which the number of laps flash. Then, the STOPWATCH display automatically starts again. The number of laps displayed is the next number of laps.
※ The lap can be repeated as many times as necessary. The number of laps up to 999 can be displayed.
Afterwards, the number of laps is displayed successively like 1001 (display: 001) and 1002 (display: 002).

(5) How to use the TARGET TIMER
・ The target timer starts, stops, resets, and restarts counting in conjunction with operation of the START, STOP, and LAP/SPLIT buttons of the stopwatch.
・ When the TARGET TIMER is ON, the "TT" mark lights up on the left side of the display. The timer set time is displayed on the top row, and the timer operates in conjunction with the stopwatch. When the timer set time is reached, the timer sounds (with a 3-second countdown function).
・ Push Button Ⓑ to switch over the display between LAP time and SPLIT time on the middle row.
・ When measuring the LAP time, the display on the top row shows the difference between the set time and the LAP time.
・ If there is no operation after the elapse of the TARGET TIMER set time, the bar display "---" flashes.

How to check and set the TARGET TIMER time
・ Long press Button Ⓑ in the state where the stopwatch is reset to show the TARGET TIMER SETTING display.
・ Items and digits to be adjusted are selected by Button Ⓔ, and digits are decreased and increased by Button Ⓑ and Ⓒ, respectively.
・ The time can be set between one to fifty-nine minutes fifty-nine seconds in one-second increments.
・ When the setting is finished, press Button Ⓐ to return to the STOPWATCH RESET display.

| ON/OFF Ⓔ | Second set | Minute set |

Ex.1

| Start | Button Ⓒ | Button Ⓔ | Timer restart (Displayed after 10 seconds) | Button Ⓒ | Button Ⓔ |
| | Alarm sound "beep, beep" | Lap/Split | L-2 Measurement | Stop | Reset |

・ The display on the top row shows countdown from the set time.
※ After the set time has elapsed, "---" is displayed.
※ The difference between the set time and LAP time is displayed in conjunction with the lap button.
※ "F-297" means that 297 units of memory can be used.

Ex.2

| Start | Button Ⓔ | Timer restart (Displayed after 10 seconds) | Button Ⓒ | Button Ⓔ |
| | Lap/Split | L-2 Measurement | Stop | Reset |

※ "F-288" means that 288 units of memory can be used.

■ HOW TO USE THE MEMORY RECALL FUNCTION

・ Up to 300 units of memory can be used to store measured time data.
・ The stored data can be recalled per channel.
・ The best lap time and average lap time can be displayed.
・ The date when the measurement was started is memorized in each channel.

(1) Buttons and operations
● Press Button Ⓐ to show the MEMORY RECALL display.
・ The newest channel is displayed.

| Button Ⓐ : Change to MEMORY RECALL display |
| Button Ⓑ (long press): Data deletion |
| Button Ⓒ : Selection of channel |
| Button Ⓓ : Selection of channel |
| Button Ⓔ : Change to the TIME/CALENDAR display |
| Button Ⓔ : Data recall |
| Tapping × one time: Turning on the built-in light |
| Tapping × two times: Setting/canceling the auto illumination |

※ If no data is stored in memory, "---" mark is displayed.

① To check data in other channels, press Button Ⓑ or Ⓒ to select the desired channel number and check the data in the same way as procedure ①.

(2) How to use the memory recall function
Example: If you want to see data in channel 5 (CH-5)
① Press Button Ⓑ or Ⓒ to show the desired channel number (CH-5).
② Press Button Ⓔ to check the lap time. With each pressing of Button Ⓔ, the display changes in the following order.

Button Ⓔ

CH display	Total measurement time	Lap time	Lap time	Best lap time	Average lap time
(Contents of display)		(No indication)	Split time	Split time	(No indication)
	Total measurement time	Lap time	Lap time	Best lap time	Average lap time

※ The date when the measurement is started Channel No.
※ When the best lap is displayed, the "BEST" and "LAP-**" are alternately displayed.
※ The LAP time and SPLIT time positions are displayed in accordance with the stopwatch display position setting.

(3) How to delete the stored data
※ Make sure that the stopwatch is reset before deleting the data.

● How to delete a channel
① Press Button Ⓐ to show the MEMORY RECALL display. The newest channel is displayed.
② Press Button Ⓑ or Ⓒ to select the channel you want to delete.
③ Press Button Ⓑ for approximately 2 seconds. "CLR?" will be displayed.
④ Keep Button Ⓑ pressed for approximately 2 seconds. When "ALL CLR?" is displayed, release Button Ⓑ.
④ After the number of remaining units is displayed, the watch automatically returns to the MEMORY RECALL display.
※ The channel number after the deleted data moves up.

● How to delete all channels
① Press Button Ⓐ to show the MEMORY RECALL display. The newest channel is displayed.
② Press Button Ⓑ for approximately 2 seconds. "CLR?" will be displayed.
③ Keep Button Ⓑ pressed for approximately 2 seconds to show "ALL CLR?" And then keep Button Ⓑ pressed for approximately another 2 seconds.
④ After the number of remaining units is displayed, the watch automatically returns to the MEMORY RECALL display.

■ HOW TO USE THE TIMER

・ The timer can be set from 10 seconds up to 99 hours, 59 minutes in one-second increments.
・ Two timers are provided, and the timer 2 starts after the timer 1 counted up. The repeating function is also included so that the timer 1 restarts after the timer 2 counted up.
・ To use either Timer 1 or Timer 2 as a standard repeat timer, set the timer not in use to "00:00'00."
・ The number of times the timers repeat the countdown can be set from 1 to 100 times.

(1) Buttons and operations
● Press Button Ⓐ to show the TIMER display.

| Button Ⓐ : Change to TIMER display |
| Button Ⓑ (long press): Change to TIMER SETTING display |
| Button Ⓒ : Changes over the display positions |
| Button Ⓒ : Timer time setting (decreasing digits) |
| Button Ⓓ : Timer time setting (increasing digits) |
| Button Ⓓ : Change to the TIME/CALENDAR display |
| Button Ⓔ : Selection of the item or digits to be adjusted/Reset the timer |
| Tapping × one time: Turning on the built-in light |
| Tapping × two times: Setting/canceling the auto illumination |

(2) How to set the timer
Example: If the timer 1 is set to three minutes, the timer 2 is set to one minute, and the repeating number is set to 5.
① Press Button Ⓐ to show the TIMER display.
※ The timer mark is initially set for 1 minute.
② Long press Button Ⓑ to show the TIMER SETTING display. The hour digits for Timer 1 starts flashing. Press Button Ⓔ to select the item or digit to be adjusted (flashing).

| TIMER 1 | TIMER 2 | THE NUMBER OF TIMES TO BE REPEATED |
| Hour → Minute → second | Hour → Minute → second | |

③ With each pressing of Button Ⓓ, one digit is increased. (With each pressing of Button Ⓑ, one digit is decreased.)
※ If Button Ⓑ or Ⓓ is kept pressed, the digits move quickly.
④ After all adjustments are completed, press Button Ⓐ to return to the TIMER display. If the watch is left untouched with the digits flashing, the display will automatically return to the TIMER display in two to three minutes.

| TIMER 1:3 minutes | TIMER 2:1 minute | THE NUMBER OF TIMES THE COUNTDOWN IS TO BE REPEATED: 5 times | TIMER display |

⑤ Press Button Ⓒ to start/stop the timer. After stopping the timer, press Button Ⓔ to reset the timer.

※ Restarting and stopping the timer can be repeated as many times as necessary.
※ A time-up warning beep sounds 3 seconds before the set time is up. When the set time is up, the time-up beep sounds for approximately 5 seconds.
※ To stop the time-up warning beep and time-up beep while sounding, press either Button Ⓐ, Ⓑ, Ⓒ, or Ⓓ.
※ While the timer is counting, the timer mark "○" flashes.

■ HOW TO USE THE ALARM

・ The three-channel daily alarm sounds at a designated time (hour and minute) every 24 hours.
・ Each alarm channel can be engaged ("on") or disengaged ("--") independently.
※ The alarm can be set only for the home time city.

(1) Buttons and operations
● Press Button Ⓐ to show the ALARM display.

| Button Ⓐ : Change to ALARM display |
| Button Ⓐ (long press): Change to ALARM TIME SETTING display |
| Button Ⓑ : Alarm time setting (decreasing digits) |
| Button Ⓒ : Selection of channel |
| Button Ⓓ : Alarm time setting (increasing digits) |
| Button Ⓓ : Engagement/disengagement of the alarm |
| Button Ⓔ : Change to the TIME/CALENDAR display |
| Button Ⓔ : Change between the alarm 1, 2, and 3 |
| Tapping × one time: Turning on the built-in light |
| Tapping × two times: Setting/canceling the auto illumination |

(2) How to use the alarm
・ The way of using the alarm is the same for every alarm channel.
Example: Selecting alarm 1, and setting the alarm time to "6:30 a.m."
① Press Button Ⓐ to show "ALARM 1."
  Long press Button Ⓐ to show the ALARM SETTING display. The hour digits start flashing.
② With each press of Button Ⓔ, hour digits and minute digits flash alternately. Select the digits to be adjusted (flashing).
③ With each pressing of Button Ⓓ, one digit is increased (With each pressing of Button Ⓑ, one digit is decreased.)
④ After all adjustments are completed, press Button Ⓐ to release the ALARM SETTING display and to return to the ALARM 1 display. If the watch is left untouched with the digits flashing, the display will automatically return to the ALARM 1 display in two to three minutes.

(Hour: 6 a.m.)
(Minute: 30 minutes)

(3) How to engage or disengage the alarm
・ With each pressing of Button Ⓓ in the ALARM display, "ON" (the alarm is engaged) or "--" (the alarm is disengaged) mark is displayed alternately.

Alarm mark is ON
Alarm mark is OFF

(4) How to stop the alarm while sounding
・ At a designated time the alarm sounds for approximately 20 seconds and automatically stops. To stop the alarm manually while sounding, press any of Buttons Ⓐ, Ⓑ, Ⓒ, Ⓓ, or Ⓔ.
※ Doing this in any display can stop the alarm.

Alarm engaged
Alarm disengaged
Alarm mark disappears.

■ HOW TO USE THE WORLD TIME

・ The time of 44 cities (including GMT) in different time zones throughout the world can be displayed.
・ The summer time (DST) can also be set for each city (except GMT).

(1) Buttons and operations
● Press Button Ⓐ to show the WORLD TIME display.

| Button Ⓐ : Change to WORLD TIME display |
| Button Ⓑ : Selection of the city (moving back) |
| Button Ⓒ : Selection of the city (advancing) |
| Button Ⓓ : Change to the TIME/CALENDAR display |
| Button Ⓔ : Setting/canceling the DST |
| Tapping × one time: Turning on the built-in light |
| Tapping × two times: Setting/canceling the auto illumination |

(2) How to use the world time
① Press Button Ⓐ to show the WORLD TIME display. The city name, month, date, and time are displayed.
② To select the city, press Button Ⓑ or Ⓒ.

(3) How to set the summer time
・ With each pressing of the Button Ⓔ in the WORLD TIME display, the summer time can be alternately set or cancelled.
・ When the summer time is set, the DST mark appears.

(When the summer time is set)
※ If summer time is set to the city which has also been set as "HOME" in the TIME/CALENDAR display, the summer time will also be shown in the TIME/CALENDAR display. If summer time is set in the TIME/CALENDAR display and the same city is selected in the WORLD TIME display, the summer time will also be shown in the WORLD TIME display.
※ The time differences in each city in the table on the right are subject to change according to the governments of the respective countries of regions.

(4) Comparison table between city and time difference (GMT indicates the Greenwich mean time. + indicates advancement from the GMT and – indicates time lag from the GMT.

NO.	都市名	Greenwich	GMTとの時差
1	GMT	Greenwich	0:00
2	LIS	Lisbon	0:00
3	LON	London	0:00
4	PAR	Paris	+01:00
5	ROM	Rome	+01:00
6	BER	Berlin	+01:00
7	ATH	Athens	+02:00
8	CAI	Cairo	+02:00
9	MOW	Moscow	+03:00
10	JED	Jeddah	+03:00
11	BGW	Baghdad	+03:00
12	THR	Tehran	+03:30
13	DXB	Dubai	+04:00
14	KBL	Kabul	+04:30
15	KHI	Karachi	+05:00
16	DEL	Delhi	+05:30
17	DAC	Dhaka	+06:00
18	RGN	Yangon	+06:30
19	BKK	Bangkok	+07:00
20	JKT	Jakarta	+07:00
21	SIN	Singapore	+08:00
22	HKG	Hong Kong	+08:00
23	BJS	Beijing	+08:00
24	SEL	Seoul	+09:00
25	TYO	Tokyo	+09:00
26	ADL	Adelaide	+09:30
27	GUM	Guam	+10:00
28	SYD	Sydney	+10:00
29	NOU	Noumea	+11:00
30	AKL	Auckland	+12:00
31	WLG	Wellington	+12:00
32	HNL	Honolulu	-10:00
33	ANC	Anchorage	-09:00
34	YVR	Vancouver	-08:00
35	LAX	Los Angeles	-08:00
36	DEN	Denver	-07:00
37	CHI	Chicago	-06:00
38	NYC	New York	-05:00
39	YMQ	Montreal	-05:00
40	BOS	Boston	-05:00
41	SCL	Santiago	-04:00
42	BUE	Buenos Aires	-03:00
43	RIO	Rio de Janeiro	-03:00
44	PDL	Azores	-01:00

(As of November 2014)

■ NOTE ON THE LIQUID CRYSTAL PANEL

The normal life expectancy for the liquid crystal panel of the watch is approximately 7 years. After that, it may decrease in contrast, becoming difficult to read. Please contact the retailer from whom the watch was purchased to have the liquid crystal panel replaced with a new one.

■ BUILT-IN ILLUMINATING LIGHT (LED)

The watch employs a method to uniformly diffuse light from a light-emitting diode (LED) by light guiding panel.
※ When the voltage gets lowered with the battery life running out, the luminance level decreases.

■ TO PRESERVE THE QUALITY OF YOUR WATCH

⚠ WARNING
・ Immediately stop wearing the watch in following cases.
  ○ If the watch body or band becomes edged by corrosion etc.
  ○ If the pins protrude from the band
  ※ Immediately consult the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER.
・ Keep the watch and accessories out of the reach of babies and children.
  Care should be taken to prevent a baby or a child accidentally swallowing the accessories.
  If a baby or a child swallows the battery or accessories, immediately consult a doctor, as it will be harmful to the health of the baby or child.
・ Do not remove the battery from the watch.
  Replacement of the battery requires professional knowledge and skill.
  Please ask a watch retailer for replacement of the battery. Do not recharge the battery, as doing so can generate heat which may cause bursting, leakage or ignition.
・ Do not use the watch in scuba diving or saturation diving.
  The various tightened inspections under simulated harsh environment, which are usually required for watches designed for scuba diving or saturation diving, have not been conducted on the water-resistant watch with the BAR (barometric pressure) display. For diving, use special watches for diving.

⚠ CAUTION
・ Avoid wearing or storing the watch in the following places.
  ○ Places where volatile agents (cosmetics such as polish remover, bug repellent, thinners etc.) are vaporizing
  ○ Places where the temperature drops below 5˚C or rises above 35˚C for a long time
  ○ Places affected by strong magnetismor static electricity
  ○ Places affected by strong vibrations
  ○ Places of high humidity
  ○ Dusty places
  ※ For watches with batteries, do not leave a dead battery compartment for a long time as it may cause battery leakage.
・ If you observe any allergic symptoms or skin irritation
  Stop wearing the watch immediately and consult a specialist such as a dermatologist or an allergist.
・ Do not pour running water directly from faucet.
  The water pressure of tap water from a faucet is high enough to degrade the water resistant performance of a water resistant watch for everyday life.
・ Do not turn or pull out the crown when the watch is wet.
  Water may get inside of the watch.
  ※ If the inner surface of the glass is clouded with condensation or water droplets appear inside of the watch for a long time, the water resistant performance of the watch is deteriorated. Immediately consult the retailer from whom the watch was purchased or SEIKO CUSTMER SERVICE CENTER.
・ Do not leave moisture, sweat and dirt on the watch for a long time.
  Be aware of a risk that a water resistant watch may lessen its water resistant performance because the deterioration of the adhesive on the glass or gasket, or the development of rust on stainless steel.
・ Do not wear the watch while taking a bath or a sauna.
  Steam, soap or some components of a hot spring may accelerate the deterioration of water resistant performance of the watch.
・ Other cautions
  ○ Replacement of the metal band requires professional knowledge and skill. Please ask a watch retailer for replacement of the metal band, as there is a risk of hand or finger injury and fear of losing parts.
  ○ The service may also be available on a chargeable basis at other retailers, however, some retailers may not undertake the service.
  ○ Do not disassemble or tamper with the watch.
  ○ Keep the watch out of the reach of babies and children. Extra care should be taken to avoid risks of any injury or allergic rash or itching that may be caused when they touch the watch.
  ○ When disposing of used batteries, follow the instructions of your local authorities.

● Daily care
The watch requires good daily care
・ Wipe away moisture, sweat or dirt with a soft cloth
・ After soaking the watch in seawater, be sure to wash the watch in clean pure water and wipe it dry carefully.
  ※ If your watch is rated as "non-water resistant" or "water resistant for daily use", do not wash the watch.

● Water resistance
Refer the table below for the description of each degree of water resistant performance of your watch before using.

Indication on the case back	Water resistant performance		Condition of use
No indication	Non-water resistance		Avoid drops of water or sweat
WATER RESISTANT	Water resistance for everyday life		The watch withstands accidental contact with water in everyday life. ⚠ WARNING Not suitable for swimming
WATER RESISTANT 5 BAR	Water resistance for everyday life of 5 barometric pressures		The watch is suitable for sports such as swimming.
WATER RESISTANT 10 (20) BAR	Water resistance for everyday life at 10(20) barometric pressures		The watch is suitable for diving not using an air cylinder.

● Band
The band touches the skin directly and becomes dirty with sweat or dust. Therefore, lack of care may accelerate deterioration of the band or cause skin irritation or stain on the sleeve edge. The watch requires a lot of attention for long usage.

Metallic band
・ Moisture, sweat or soil will cause rust even on a stainless steel band if they are left for a long time.
・ Lack of care may cause a yellowish or gold stain on the lower sleeve edge of shirts.
・ Wipe off moisture, sweat or soil with a soft cloth as soon as possible
・ To clean the soil around the joint gaps of the band, wipe it out in water and then brush it off with a soft toothbrush.
  (Protect the watch body from water splashes by wrapping it up in plastic wrap etc.)
・ Because some titan bracelets use pins made of stainless steel, which has outstanding strength, rust may form in the stainless steel parts.
・ If rust advances, pins may poke out or drop out, and the watch case may fall off the bracelet, or the clasp may not open.
・ If a pin is poking out, personal injury may result. In such a case, refrain from using the watch and request repair.

Leather band
・ A leather band is susceptible to discoloration and deterioration from moisture, sweat and direct sunlight.
・ Wipe off moisture and sweat as soon as possible by gently blotting them up with a dry cloth.
・ Do not expose the watch to direct sunlight for a long time.
・ Please take care when wearing a watch with light-colored band, as dirt is likely to show up.
・ Refrain from wearing a leather band watch other than Aqua Free bands while bathing, swimming, and when working with water even if the watch itself is water-resistant enforced for daily use (10-BAR water resistant).

Polyurethane band
・ A polyurethane band is susceptible to discoloration from light, and may be deteriorated by solvent or atmospheric humidity.
・ Especially a translucent, white, or pale colored band easily adsorbs other colors, resulting in color smears or discoloration.
・ Wash out dirt in water and clean it off with a dry cloth.
・ When the band becomes less flexible, have the band replaced with a new one. If you continue to use the band as it is, the band may develop cracks or become brittle over time.

Notes on skin irritation and allergy
Skin irritation caused by a band has various reasons such as allergy to metals or leathers, or skin reactions against friction on dust or the band itself.

Notes on the length of the band
Adjust the band to allow a little clearance with your wrist to ensure proper airflow.
When wearing the watch, leave enough room to insert a finger between the band and your wrist.

■ REMARKS ON THE BATTERY

1.Notes on the battery
(1)Battery life
This watch operates for two years after assembling a new normal battery.
※ The battery life (three years) is based on the operation of alarm one time/day, lighting one time/day, and timer one time/day.

(2) Monitor battery
The battery in your watch may run down in less than two years after the date of purchase, as it is a monitor battery which is inserted at the factory to check the function and performance of the watch.

(3) Battery replacement
○ For battery replacement, be sure to have the battery replaced with a new one at the retailer from whom the watch was purchased, and specify a genuine SEIKO battery.
○ If the old battery is left in the watch for a long time, a malfunction may be caused due to battery leakage, etc. Have it replaced with a new one as soon as possible.
○ Battery replacement is charged even if it runs down within the guarantee period.

④ Once the case back is opened for battery replacement or other purposes, the original water resistant quality designed for the watch may deteriorate when it is closed. When you have the battery replaced with a new one, also request the water resistant recovery to the water resistant quality of your watch.
If your watch has 10-bar or higher water resistant quality, be sure to have such test performed to the watch every time the battery is replaced.
Please note that it takes several days to check the water resistant quality of your watch. When requesting the checking, therefore, please check the period required for it.

2.Battery life indicator
・ The watch is equipped with a battery life indicator that enables you to know when the battery needs to be replaced.
※ When all the digits start flashing in the TIME/CALENDAR display, the watch may stop operating in 2 to 3 days.
In such a case, immediately have the battery replaced with a new one by the retailer from whom the watch was purchased.

■ NECESSARY PROCEDURE AFTER THE BATTERY CHANGE (RESETTING THE IC)

・ After the battery is replaced with a new one, or when an abnormal display such as broken digits appears, follow the procedure below.
The built-in IC will be reset and the watch will resume normal operation.

How to reset the built-in IC
Keep Buttons Ⓑ, Ⓒ and Ⓓ pressed at the same time for 2 to 3 seconds. The display will become blank, and "1-1 WED AM 12:00oo" will be displayed as the buttons are released.

Before using the watch, set the watch in the following order.
① Time/calendar setting
② Alarm setting

■ TROUBLESHOOTING

Problem	Possible cause	Solution
The watch stops operating.	・The battery has run down.	・Have the battery replaced with a new one immediately by the earlier from whom the watch was purchased.
The watch temporarily gains/loses time.	・The watch has been left in extremely high or low temperatures for a long time	・This condition will be corrected when the watch temperature returns to normal. Set the correct time before use.
	・You dropped the watch, hit it against a hard surface or wore it while playing active sports.	・Set the correct time before use. If the abnormal condition persists, consult the retailer from whom the watch was purchased.
	・The watch was exposed to strong vibrations.	
All the segments of the display are flashing.		・Have the battery replaced with a new one as soon as possible by the retailer from whom the watch was purchased.
The blur in the glass persists for a long time.	・Water got inside the watch due to the deterioration of the gasket, etc.	・Consult the retailer from whom the watch was purchased.

※ For the solution for troubles other than above, contact the retailer from whom the watch was purchased.

■ SPECIFICATIONS

(1) Frequency of crystal oscillator — 32,768Hz
(2) Loss/gain (monthly rate) — Less than 20 seconds (when the watch is worn on your wrist in the temperature range between 5˚C and 35˚C)
(3) Operational temperature range — Between −10˚C and +60˚C For the display function: Between 0˚C and +50˚C
(4) Display medium — Nematic Liquid Crystal, FEM (Field Effect Mode)
(5) Battery — Miniature lithium battery SB-T1, 1 piece
(6) Battery life — Approx. 3 years
(7) Battery life indicator —
(8) IC (Integrated Circuit) — Oscillator, frequency divider and driving circuits (C-MOS-LSI), 1 piece

※ The specifications are subject to change without prior notice, for product improvement.

■ AFTER-SALE SERVICE

● Notes on guarantee and repair
・ Contact the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER for repair.
・ Within the guarantee period, present the certificate of guarantee to receive repair services.
・ Guarantee coverage is provided in the certificate of guarantee.
  Read carefully and retain it.
・ For repair services after the guarantee period has expired, if the functions of the watch can be restored by repair work, we will undertake repair services upon request and payment.

● Inspection and adjustment by disassembly and cleaning (overhaul)
・ Periodic inspection and adjustment by disassembly and cleaning (overhaul) are recommended approximately once every 3 years in order to maintain optimal performance of the watch for a long time.
・ Inspection so as to conditions, the digital display may go out due to liquid leakage.
  As the parts such as the gasket may deteriorate, water-resistant performance may be impaired due to intrusion of perspiration and moisture.
・ Please contact the retailer from whom the watch was purchased for inspection and adjustment by disassembly and cleaning (overhaul). For replacement of parts, please specify "SEIKO GENUINE PARTS." When asking for inspection and adjustment by disassembly and cleaning (overhaul), make sure that the gasket and push pin are also replaced with new ones.
・ When your watch is inspected and adjusted by disassembly and cleaning (overhauled), the movement of your watch may be replaced.

■特長

この時計は、最大300本の計測タイムをメモリー（記憶）し、呼び出すことができるランナーズウオッチです。
メモリーは300本以内であれば、何度でもメモリーできます。

クロノグラフ機能により計測した結果はリコール機能を使い呼び出すことができ、呼び出しに際にはベストラップタイム・平均ラップタイムも記録されます。

ターゲットタイマー機能があります。ターゲットタイマーはクロノグラフ操作に連動して作動する減算タイマーでクロノグラフと同時に表示します。

また、スイッチ入力にタップ方式を採用し、時計正面を軽くたたくことで操作できます。

さらに、3チャンネルアラーム機能、タイマー機能、世界44都市（GMTを含む）の時刻を表示するワールドタイム機能があります。

「時刻・カレンダー機能」
・月、日、曜日、時、分、秒、サマータイムマークを表示し、12時間制24時間制いずれかの時刻表示を選択できます（年は時計内の西暦で表示します）。
・2014年から2063年までの50年間、うるう年などの月末修正がいらない「フルオートカレンダー」です。

「クロノグラフ機能」
・1/100秒単位で計測できる最大計測時間99時間59分59秒99のクロノグラフ機能です。
・ラップタイムは最大300本メモリー（記憶）することができます。
・メモリーは300本以内であれば、分割しメモリーすることができます。
・ラップタイムとスプリットタイムの表示位置を切り替えることができます。
・クロノグラフ操作に連動して作動するターゲットタイマー機能があります。
・クロノグラフ動作中でも、常に現在時刻が表示されます。

「リコール機能」
・メモリーしたデータ（ラップ回数、ラップタイム、スプリットタイム）を計測順にリコール（呼び出し）できます。
・合計時間、ベストラップ、平均ラップが表示できます。

「アラーム機能」
・2つの時刻設定が出来るダブルタイマー機能付です。
・10秒から99時間59分59秒の1時間単位で設定可能です。
・繰り返し回数設定は、1〜100回可能です。繰り返し回数もカウントします。

「アラーム機能」
・設定した時刻（時・分）で毎日報知する3チャンネルのデイリーアラーム機能付です。
・各チャンネルで、アラームのon/ーー（セット／解除）切替ができます。

「メモリーの考えかた」
・世界44都市（GMTを含む）の都市名、月、日、時刻を表示します。
・各都市でのサマータイム（DST）の設定ができます。（GMTを除く）

「内部照明（LED）機能／タップ入力機能」
・時計正面をタップする（軽くたたく）ことにより、約4秒間ライトが点灯します。
また、2度タップすることでオートライト機能のセット／解除を行います。
※オートライト機能といずれのボタンを操作しても本来の機能動作とライトの点灯動作が同時に作動します。

「時刻・カレンダー表示への移行機能」
・いずれの表示状態からでも、ひと押しで時刻・カレンダー表示に移行する専用ボタンを設けました。

■ボタンの名称と表示の切替

ボタンⒷ、ボタンⒸ

・内部照明（ライト）機能は、時計正面をタップする（軽くたたく）ことで操作します。
タップ×1回：内部照明の点灯
タップ×2回：オートライト セット／解除
・ボタンⒹを押すごとに、次の順序で切り替わります。

時刻・カレンダー表示 TIME → クロノグラフ表示 CHRONO → リコール表示 RECALL → タイマー表示 TIMER → アラーム表示 ALARM → ワールドタイム表示 WORLD

●クロノグラフ表示以外でクロノグラフ表示マーク「メ」が点滅している場合は、クロノグラフ表示中であることを示します。

■時刻・カレンダーの合わせかた

（1）ボタンの名称とはたらき
①ボタンⒹを押して「時刻・カレンダー表示」状態にしてください。

ボタンⒶ：時刻・カレンダー表示への切替
ボタンⒷ（長押し）：時刻・カレンダー合わせ状態の呼び出し
ボタンⒸ：都市名の呼び出し、修正箇所の合わせ（戻り）
ボタンⒹ：時刻・カレンダー表示状態への移行
ボタンⒺ：修正箇所の合わせ（進み）
タップ×1回：内部照明の点灯
タップ×2回：オートライト セット／解除

（2）時刻・カレンダーの合わせかた
①ボタンⒷを長押しすると現在設定されている都市名が表示し、「時刻・カレンダー合わせ」状態になります。
②ボタンⒺを1回押すごとに合わせたいところ（点滅）を選ぶことができます。
※年月日をセットすると「曜日」は自動的に設定されます。

■リコール（呼び出し）の使いかた

・最大300メモリー（記憶）できます。
・チャンネル（CH）ごとにメモリーを呼びだせます。
・ベストラップ、平均ラップタイムを表示します。
・各チャンネルの最後の計測回数の日計が記録されます。

（1）ボタンの名称とはたらき
①ボタンⒹを押して「リコール表示」状態にしてください。
②はじめに最新のチャンネルが表示されます。

ボタンⒶ：リコール表示への切替
ボタンⒷ（長押し）：データ消去
ボタンⒸ：チャンネルの呼び出し
ボタンⒹ：時刻・カレンダー表示状態への移行
ボタンⒺ：データ送り出し
タップ×1回：内部照明の点灯
タップ×2回：オートライト セット／解除

■タイマーの使いかた

・タイマー1、2とも0秒以上99時間59分59秒まで設定できます。
・タイマー1のタイムアップ後、タイマー2がスタートする2つのタイマーを備えています。また、タイマー2のタイムアップ後タイマー1をスタートするリピート（繰り返し）機能などつかえます。
・タイマー1または2のどちらか0時間00分00秒に合わせると普通のタイマーとしても使えます。
・リピート回数は、1〜100回まで設定できます。

（1）ボタンの名称とはたらき
●ボタンⒹを押して「タイマー表示」状態にしてください。

ボタンⒶ：タイマー表示への切替
ボタンⒷ（長押し）：タイマーセット状態の呼び出し（戻り）
ボタンⒸ：修正箇所の合わせ（戻り）
ボタンⒹ：時刻・カレンダー表示状態への移行
ボタンⒺ：修正箇所の選択
タイマー作動開始
タップ×1回：内部照明の点灯
タップ×2回：オートライト セット／解除

■アラームの使いかた

・設定した時刻（時・分）で毎日報知する3チャンネルのデイリーアラーム機能付です。
・各チャンネルで、アラームのon/ーー（セット／解除）設定ができます。
※アラームはタイムスタート時のみ設定可能です。

（1）ボタンの名称とはたらき
●ボタンⒶを押して「アラーム表示」にしてください。

ボタンⒶ：アラーム表示への切り替え
ボタンⒷ（長押し）：アラーム修正状態の呼び出し
ボタンⒸ：修正箇所の合わせ（戻り）
ボタンⒹ：時刻・カレンダー表示状態への移行
アラームの ON／OFF 切替
ボタンⒺ：修正箇所の選択（進み）
アラームチャンネルの切替
タップ×1回：内部照明の点灯
タップ×2回：オートライト セット／解除

■ワールドタイムの使いかた

・世界44都市（GMTを含む）の時刻を表示します。
・各都市（グリニッチを除く）にサマータイム（DST）の設定ができます。

（1）ボタンの名称とはたらき
①ボタンⒹを押して「ワールドタイム表示」にしてください。
都市名と月、日、時刻を表示します。
②ボタンⒸを押すと都市名を変更します。

ボタンⒶ：ワールドタイム表示への切り替え
ボタンⒷ：都市選択（戻り）
ボタンⒸ：都市選択（進み）
ボタンⒹ：時刻・カレンダー表示状態への移行
ボタンⒺ：サマータイムセット
タップ×1回：内部照明の点灯
タップ×2回：オートライト セット／解除

■液晶パネルについて
この液晶（液晶パネル）は、7年をすぎますと、コントラストが低下した（数字が読みにくくなる）ことがあります。お買い上げ店に交換をお申しつけください。有料にて申し受けます。

■内部照明（LED）について
発光ダイオード（LED）の光を導光板により、均一に拡散発光させる方式を採用しています。
電池寿命切れが近づいて電圧が低下すると、輝度（明るさ）が低下します。

■使用上のご注意とお手入れについて

●製品取扱上のご注意

⚠警告
次のような場合、ご使用を中止してください
・時計本体やバンドが腐食などにより裂状になった場合
・バンドのピンが飛び出している場合
⇒すぐに、お買い上げ店・弊社お客様相談室にご連絡ください。

（以下、使用上のご注意・お手入れ各項目）

表示名	防水性能	お取扱方法
防水性能表示無し	非防水です。	
WATER RESISTANT	日常生活防水です。	
WATER RESISTANT 5 BAR	日常生活強化防水で5気圧防水です。	
WATER RESISTANT 10(20)BAR	日常生活強化防水で10(20)気圧防水です。	

■都市と時差の比較表

（GMTは、グリニッチ標準時を示しています。＋はGMTより進み、ーは遅れを示しています。）

NO	都市名	GMTとの時差
1	GMT	グリニッチ	0
2	LIS	リスボン	0
3	LON	ロンドン	0
4	PAR	パリ	+01:00
5	ROM	ローマ	+01:00
6	BER	ベルリン	+01:00
7	ATH	アテネ	+02:00
8	CAI	カイロ	+02:00
9	MOW	モスクワ	+03:00
10	JED	ジッダ	+03:00
11	THR	テヘラン	+03:30
12	DXB	ドバイ	+04:00
13	KBL	カブール	+04:30
14	KHI	カラチ	+05:00
15	DEL	デリー	+05:30
16	DAC	ダッカ	+06:00
17	RGN	ヤンゴン	+06:30
18	BKK	バンコク	+07:00
19	JKT	ジャカルタ	+07:00
20	SIN	シンガポール	+08:00
21	HKG	香港	+08:00
22	BJS	北京	+08:00
23	SEL	ソウル	+09:00
24	TYO	東京	+09:00
25	ADL	アデレード	+09:30
26	GUM	グアム	+10:00
27	SYD	シドニー	+10:00
28	NOU	ヌーメア	+11:00
29	WLG	ウェリントン	+12:00
30	AKL	オークランド	+12:00
31	MDY	ミッドウェー	-11:00
32	HNL	ホノルル	-10:00
33	ANC	アンカレジ	-09:00
34	LAX	ロサンゼルス	-08:00
35	DEN	デンバー	-07:00
36	CHI	シカゴ	-06:00
37	NYC	ニューヨーク	-05:00
38	CCS	カラカス	-04:00
39	RIO	リオデジャネイロ	-03:00
40	FEN	フェルナンドデノローニャ	-02:00
41	PRA	プライア	-01:00

（2014年11月現在）

■電池について

1. 電池について
2. 電池寿命切れ予告機能

■電池交換後のお願い（システムリセット）

■こんな時には

現象	考えられる原因	このようにしてください
時計が止まった	・電池の容量がなくなった。	・直ちに電池交換をお買い上げ店にご依頼ください。
時計が一時的に進む／遅れる	・寒いところ、または暑いところへ放置した。	・精度は、常温に戻れば元にもどります。一度正しい時刻に合わせ直してください。
全ての点灯セグメントが点滅表示になった。	・電池の寿命（寿命）であることを知らせています。	・お早めに電池交換をご依頼ください。
ガラスのくもりが消えない	・パッキンの劣化などにより時計内部に水分が入った。	・お買い上げ店にご相談ください。

■製品仕様

(1) 水晶振動数 ─── 32,768Hz
(2) 精度 ─── 平均月差 20秒（気温5℃〜35℃において腕につけた場合）
(3) 作動温度範囲 ─── -10℃〜+60℃ ただし表示機能は0℃〜+50℃
(4) 表示体 ─── FEネマティック液晶
(5) 電池 ─── 小型リチウム電池 SB-T14 1個
(6) 電池寿命 ─── 約3年
(7) 電池寿命切れ予告機能付
(8) 電子回路 ─── 発振・分周・駆動回路 （C-MOS-LSI 1個）

※上記の製品仕様は、改良のため予告なく変更することがあります。

■アフターサービスについて

●保証について

（各種お手入れ・アフターサービス項目）